



Colectomy Diet

Many people can have bowel problems after they have had removal of part of the colon or a stoma closure or ostomy reversal. The most common problems are diarrhea, dehydration, and offensive odors. These occur because the normal bacteria and enzyme functions of the colon, such as absorbing fluid, have not yet returned to normal. These problems can be helped with careful attention to diet and to liquid intake.

The following foods, which are easily digestible, may decrease the amount or frequency of diarrhea:

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| a) applesauce | k) peanut butter |
| b) bananas | l) potatoes |
| c) boiled rice (white) | m) pretzels |
| d) bread or toast | n) sugar-free cereals (e.g., Cheerios,
Total, Shredded Wheat, Corn Flakes) |
| e) cheese | o) tapioca |
| f) cream of rice | p) weak teas |
| g) cream of wheat | q) yogurt |
| h) fiber supplements | |
| i) marshmallows | |
| j) pasta | |

If you have very frequent diarrhea or profuse loose stools, this can cause your body to lose a lot of fluids and eventually result in **dehydration**. The first sign of dehydration is feeling thirsty, weak or faint. If you continue to be dehydrated, you may experience the following symptoms:

- urinating less than usual.
- tiredness
- shortness of breath with exertion
- stomach cramps
- dry skin

Frequent loose stools or diarrhea can also cause your body to lose important fluids and electrolytes, such as potassium and sodium, which are important for your body's natural functioning. A blood test is needed to determine if this is happening. *

You can re-hydrate yourself by drinking a non alcoholic, caffeine-free beverage like water frequently in small amounts. You can also use other fluids, such as a bouillon cube in hot water; orange juice diluted with water or club soda; weak decaffeinated tea; Gatorade is also strongly encouraged. Gatorade replenishes the body's natural electrolytes.

***NOTE: IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, BE SURE TO INFORM YOUR PHYSICIAN**